What is claimed is:

"DISPOSITION INTRODUCED IN SPORTS BALL", comprising an inflatable body, provided with an outer surface (1), synthetic material, rubber or leather, characterized by comprising cavities or depressions (2), equally spaced apart, of identical dimensions and uniformly distributed along the outer surface (1) of said ball; the region adjacent to said cavities (2) comprises protruding areas (3) of smooth, convex surface which, along with said cavities or depressions (2), define the outer surface (1) of the sports ball; the spacing (e) existing between two adjacent cavities (2) defines the existence of said protruding areas (3), being said spacing (e) not substantially smaller than the outer opening (d) of the cavities (2) themselves, being also possibly bigger than the outer opening (d) of said cavities (2); said opening (d) of the cavities (2) is variable, being a function of the kind of sports ball, as well as the quantity of cavities (2) per area unit.